

I. Amendments to the Specification

On page 1 of the above-identified specification, please replace lines 1-3 with the lines indicated below:

Foldable Transportable Multiple Function Pilates Exercise Apparatus and Method

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On page 16 of the above-identified specification, please replace the paragraph starting on line 25 and ending on line 32 with the paragraph indicated below:

When the rear section has been folded to about half of its initial length, a second set of wheels 186 located on the foot cross member 185 touch the ground and the foot rail sections are folded while riding on that second set of wheels. The lifting bar is raised until the right and left head rail sections ~~200 201~~ and 203 come into contact with ~~at~~ the head end of the machine. The locking mechanism is again engaged by pushing the right handed locking shaft knob 540 in and turning clockwise, or pulling the left hand locking shaft knob 580 out and turning counterclockwise, thereby engaging the cone shaped elements in the folded rest position. The right and left foot rail sections are then pulled further toward the head end of the machine.